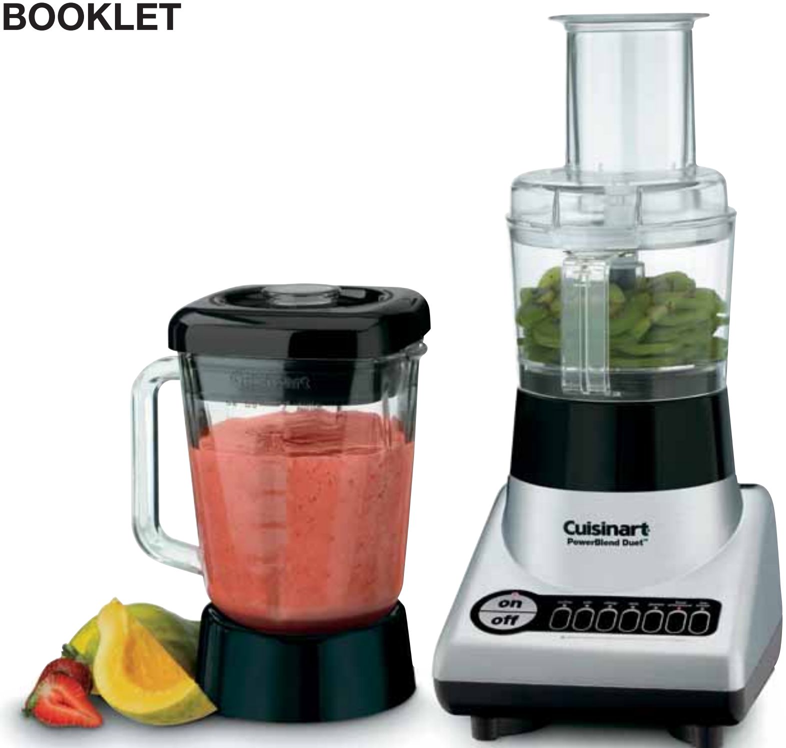
Cuisinart®

INSTRUCTION BOOKLET

Recipe Booklet
Reverse Side



PowerBlend Duet® Blender/Food Processor	**BFP-10 Series**

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be followed, including the following:

1. **READ ALL INSTRUCTIONS BEFORE USING.**
2. To protect against the risk of electrical shock, do not put motor base of PowerBlend Duet® appliance in water or other liquid.
3. Close supervision is necessary when any appliance is used by or near children. Cuisinart does not recommend the use of this appliance by children.
4. Always unplug from outlet when not in use, before putting on or taking off parts, and before cleaning or removing contents from blender jar or food processor work bowl.

   WARNING: Never put hands into the blender jar/food processor work bowl or container, or handle the blades with appliance plugged in.
5. Avoid contact with moving parts.
6. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to nearest Cuisinart service facility for examination, repair, and/or mechanical or electrical adjustment.
7. The use of attachments, other than those recommended by Cuisinart, including canning or ordinary jars not recommended or sold by Cuisinart, may cause fire, electrical shock, or risk of injury to persons.
8. Do not use outdoors.
9. Do not let cord hang over edge of counter or table or touch hot surfaces, which could damage the cord.
10. **Keep hands and utensils out of jar/food processor work bowl during use, to reduce the risk of severe injury to persons or damage to appliance itself.** A rubber or plastic spatula may be used but must be used only when the appliance is turned OFF.
11. When motor base is in ON mode, and LED lights are flashing or glowing, do not touch cutting assembly, interfere with blade movement or remove blender jar cover. Accidentally touching a speed button may activate the blender.
12. **BLADES ARE VERY SHARP. HANDLE CAREFULLY. Store out of reach of children.**
13. To reduce the risk of injury, never place chopping blade/cutting assembly on base unless the blender jar or food processor work bowl is properly attached.
14. Always operate blender or food processor with the cover in place.
15. Never leave your blender or food processor unattended while it is running.
16. **When blending HOT liquids in blender jar, remove measured pour lid (center piece of cover) to allow steam to escape.**
17. Twist on locking ring firmly. Injury can result if moving blades accidentally become exposed.
18. Do not use an extension cord with this unit. Doing so may result in fire, electrical shock, or personal injury.
19. Regarding your cord set: A longer cord has been provided so that you will have flexibility in positioning your Cuisinart® PowerBlend Duet™ near an electrical outlet. Exercise care when using the longer cord to avoid entangling or tripping over the cord. The longer cord should be arranged so that it will not drape over the counter or tabletop, where it can be pulled on by children or tripped over. Excess cord should be stored in the cord storage area at the back of the blender base, to avoid injury caused by the longer cord.
20. Be certain the food processor cover is securely locked in place before operating appliance. Never operate without the cover locked securely in place.
21. **Do not attempt to defeat the food processor cover interlock mechanism.**
22. Never feed food into processor by hand. Always use the food pusher.
23. Make sure the blade or disc has come to a full stop before removing cover.
24. This food processor attachment is to be used only with Cuisinart® BFP-10 series blenders. Do not use with any other manufacturer's blender base.

    This appliance is intended for household use only.

25. Wash the blender jar, food processor work bowl, food processor chopping blade, locking ring, and covers before first use.

26. WARNING: TO REDUCE THE RISK OF ELECTRICAL SHOCK OR FIRE, DO NOT REMOVE THE BASE PANEL. NO USER SERVICEABLE PARTS ARE INSIDE. REPAIR SHOULD BE DONE ONLY BY AUTHORIZED PERSONNEL.

27. WARNING: FLASHING LIGHT INDICATES READY TO OPERATE. DO NOT TOUCH BLADES.

28. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage always unplug the unit from the electrical outlet**. Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

NOTICE

This appliance has a polarized plug (one prong is wider than the other). To reduce the risk of electric shock, this plug will fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug.

If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

Maximum rating of 600 watts is based on the jar attachment, which draws the greatest power. Other recommended attachments may draw significantly less power.

This unit comes with a resettable thermal fuse to prevent damage to the motor in the case of extreme overload. Simply unplug the unit, rest it for 30 minutes and continue.

UNPACKING INSTRUCTIONS

1. Place the gift box containing your Cuisinart® PowerBlend Duet® on a flat, sturdy surface before unpacking.
2. Remove the instruction booklet and other printed material from top of corrugated insert.
3. Next, remove the top corrugated insert containing the fill cap.
4. Carefully lift the blender base from box and set aside.
5. Carefully lift the top corrugated insert of the food processor accessory. It containing the adapter stem, and slicing/shredding disc. Carefully remove slicing /shredding disc as it is very sharp, then remove adapter stem.
6. Remove the bottom corrugated insert containing the blender jar assembly. Be careful not to tip the jar when removing.
7. Last, remove any additional literature from the box.

CONTENTS

BLENDER PARTS AND FEATURES

1. **2-oz. Measured Pour Lid**
   Allows you to measure and add ingredients neatly without removing the cover.
2. **Cover**
   Just press on; no turning or twisting required. Tightfitting seal resists leakage.
3. **56-oz. Glass Jar**
   Has a unique, sturdy, widemouth design.
4. **Leakproof Rubber Gasket (not shown)**
   Holds the glass jar snugly in position for safe operation.
5. **High-Quality Cutting Assembly with Patented Stainless Steel Blades (not shown)**
   Is strong enough for all blender tasks, including tough jobs, from ice crushing to chopping delicate herbs.

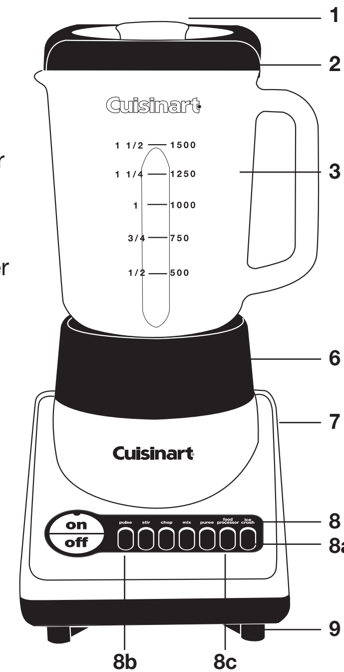
Note: Blades are very sharp...handle carefully.

6. **Collar (Locking Ring)**
   Collar is self-aligning so that the glass blender jar slides easily into position, eliminating the frustration of twisting and turning the blender jar to lock it into place.
7. **Heavy-Duty Motor Base**
   Motor base is so sturdy and stable, it will not “walk” on your counter – even during ice crushing! The motor is strong enough to handle all blending tasks, including crushing ice without liquid, and is backed by a three-year limited warranty.
8. **7-Speed Touchpad Control with Indicator Lights**
   Easy to use, read and clean. Seven speeds give you great versatility – use low speeds for delicate blending all the way up to high speeds for cheese, garlic, or lemon zest. The red LED lights clearly indicate what blender speed you are using.

8a. Ice Crush Button (Blender Only)
Activates the ice crushing speed. This button is preset to the best speed for crushed ice. However, you can crush ice at any speed. The food processor attachment is not intended to crush ice. Use the blender jar for this.

8b. Pulse Button
Allows you to pulse at any speed from high to low, so you can blend ingredients only as much as needed.

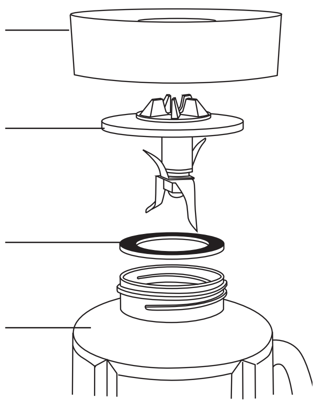
8c. Food Processor Button
Is preset to the best speed for all food processing tasks. Always use this button when food processing. This speed may also be used with blender jar.



9. **Slip-Proof Feet**
   Prevent movement during use and prevent damaging marks on countertops or tables.
10. **Hidden Cord Storage Compartment (not shown)**
    Keeps countertop safe and neat by conveniently storing excess cord.
11. **Impact-Resistant Plastic Housing**
    Is crafted of the finest quality materials to resist staining, cracking, and odors.
12. **Innovative Cuisinart Design**
    Combined with power, performance, sturdiness, and easy cleanup, makes this blender a winner.

BLENDER ASSEMBLY

To use your Cuisinart® PowerBlend Duet®, begin by assembling the blender jar.



1. Turn the blender jar (a) upside down, and place it flat on a sturdy surface.
2. Position the rubber gasket (b) on the round opening on the bottom of the blender jar.
3. Turn the cutting assembly (c) upside down, and place the blade end in the blender jar opening.

Note: Blades are very sharp... handle carefully.

4. Secure the rubber gasket and cutting assembly in position by placing the smaller opening of the locking ring (d) on top of the cutting assembly. Engage threads by twisting the locking ring clockwise until tightened. Make sure locking ring is tightly fastened to blender jar. Once assembled, turn the blender jar right side up.
5. Push the cover onto the top of the blender jar. Insert the measured pour lid into the cover, aligning the tabs in the pour lid with the slots in the cover. Twist clockwise to lock pour lid in the cover.
6. Place the blender jar on the motor base so that the jar markings are facing you and the handle is positioned to one side.
7. Plug in power cord. Your blender is now ready to be used.

HELPFUL REMINDERS

- Once the cover is in position, ingredients can be added during blending; twist the measured pour lid counterclockwise until the tabs in the pour lid align with the slots in the cover; pull up pour lid, add ingredients, and replace the pour lid.
- Cover should always be in place while the unit is ON.
- Warning: Do not place blender jar on base while motor is running.
- Do not twist locking ring from blender jar when removing blender jar from base. Simply lift blender jar from motor base.
- Boiling liquid or solid frozen foods (with the exception of ice cubes or ½" pieces of frozen fruit) should never be placed in the blender jar.
- Do not place ice, frozen foods or very cold liquids in a blender jar which has come directly from a hot dishwasher.
- Do not place very hot liquids or foods in a blender jar which has come directly from the freezer. Boiling liquids should cool for 5 minutes before being placed in blender jar.
- Follow Cleaning and Care instructions on page 7 prior to your first use.

BLENDER OPERATING INSTRUCTIONS

1. Place the motor base of your Cuisinart® PowerBlend Duet® on a flat, sturdy surface. It is important that the surface be clean and dry. Follow the instructions for assembling the blender jar (see previous section). Once the jar is assembled and is in position on the motor base, plug the Cuisinart® PowerBlend Duet® into an electrical outlet.
2. Add all necessary ingredients to the blender jar, and replace the cover. You may add more ingredients by lifting the measured pour lid and dropping ingredients through the fill area. Replace the measured pour lid after adding ingredients. **Do not put hands into blender jar with blender plugged in.**

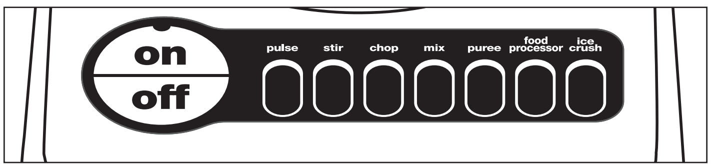
NOTES: Add liquid ingredients first, then follow with solid ingredients. This will provide more consistent blending and prevent unnecessary stress on the motor.

To remove blender jar cover, lift edge of cover upward. Lifting measured pour lid will not remove cover.

3. **TO START BLENDING:** Press the On button. The red On LED light will flash, indicating that the blender is turned on but no speed has been selected.
4. **PRESS THE DESIRED BLENDING SPEED:** Both the On indicator light and the activated speed indicator light will glow. The blender will now be functioning at the desired speed. It is

possible to switch speeds without pressing the Off button, by simply pushing the next desired speed button.

5. **TO REST THE BLENDER:** The unit has an advanced thermal, resettable fuse feature. In the event of an overload condition, the unit will shut down to protect the motor from overheating. When this happens, reset the unit by unplugging the blender and let it cool down for a minimum of 15 minutes.
6. **TO STOP THE BLENDING PROCESS:** Re-press the activated speed button. The blending process will stop. The red On indicator light will continue to flash to let you know that the blender is still on and can be reactivated by pushing the desired speed button. The blender can be completely deactivated and stopped at any speed by pushing the Off button. You will need to press the On button again to continue blending.
7. **PULSE MODE:** While the blender is turned on, you can create a burst of power for quick, efficient blending, by activating the



pulse function. To do so, first push the Pulse button, which will cause the pulse indicator light to flash. Next, push and release the desired speed button. Repeat as desired. You determine the duration of each pulse. While pulsing, all indicator lights (the on, the pulse, and the desired speed lights) will glow. The pulse function can be used to break apart larger pieces of food or to control the texture of food when chopping. The pulse function is also effective in starting the blending process when you do not want continuous power, or when processing items which do not require an extended amount of blending.

8. **TO CRUSH ICE:** The PowerBlend Duet® motor is strong enough to crush ice without liquid at any speed; however, for your convenience, we have preset the best speed for ice crushing. To give you greater control, the ice crush function automatically operates as a pulse function. To crush ice, place ice cubes in the blender jar, and place the cover and the measured pour lid on the blender jar. Press the On button. Press the Ice Crush button in short pulses until ice is crushed

QUICK REFERENCE GUIDE FOR BLENDER FUNCTION

To Activate Blender	Press On – The blender is in On mode.
To Begin Blending	Press desired speed button.
To Change Speeds	Press desired speed button.
To Pulse	In On mode press Pulse, then press and release desired speed button as needed.
To Crush Ice	In On mode, press and release Ice Crush button as needed.
To Stop Blending (and Deactivate Blender)	Press Off Button.
To Stop Blending (in Pulse or Ice Crush Mode)	Release button.
To Stop Blending in Stir, Chop, Mix, Purée, or Food Processor Mode	Press Speed button again. This will return the blender to On mode. Press Off button to turn blender off.

QUICK REFERENCE GUIDE FOR BLENDER SPEED

Refer to this guide to choose the best speed for your desired result.

Ingredient/Recipe	Speed	Result
Reconstituting frozen orange juice concentrate	Stir	Smooth and full-bodied
Mayonnaise	Stir	Thick and creamy
Salad dressings	Stir	Desired consistency
Nuts	Chop	Coarse to fine
Whipping cream	Mix	Thick topping
Bread crumbs	Mix	Uniformly fine
Grating citrus zest	Purée	Uniformly fine
Soups	Purée	Uniformly smooth
Milk shakes	Food Processor	Smooth and creamy
Baby food	Food Processor	Smooth and creamy
Health drinks	Food Processor	Smooth and creamy
Frozen cocktails	Food Processor	Thick and slushy
Grinding hard cheese	Food Processor	Coarse to fine
Ice	Ice Crush	Snowy

to desired consistency. See the Recipe Tips section in recipe booklet for more details.

9. **TO DISLODGE FOOD:** Use a rubber or plastic spatula to help remove food lodged around the cutting assembly. **DO NOT USE SPATULA UNTIL YOU HAVE TURNED THE BLENDER OFF.**

Replace the cover and measured pour lid and continue blending, if necessary. Make sure spatula is not inside the blender jar before blending.

10. **WHEN FINISHED BLENDING:** Press the Off button and unplug the blender from the electrical outlet. Never remove the blender jar from the motor base until the blender is off. Do not twist locking ring from blender jar when removing jar from motor base. Simply lift blender jar from motor base. **Do not place hands into blender jar with blender plugged in.**

CLEANING, CARE AND MAINTENANCE

Always unplug your Cuisinart® PowerBlend Duet® from the electrical outlet before cleaning. The blender is made of corrosion-resistant parts, which are easy to clean. Before first use and after every use, clean each part thoroughly. Periodically check all parts before reassembly. If any part is damaged or blender jar is chipped or cracked, DO NOT USE BLENDER.

Remove the blender jar from the motor base by lifting straight up and away. Twist off the locking ring by turning counterclockwise. Remove the cutting assembly and rubber gasket. Wash in warm soapy water; rinse and dry thoroughly. Place the locking ring in the upper rack of the dishwasher or wash in warm water.

CAUTION: Handle the cutting assembly carefully. It is SHARP and may cause injury. Do not attempt to remove blades from cutting assembly.

Remove the blender jar cover and the measured pour lid. Wash in warm, soapy water; rinse and dry thoroughly, or place in the upper rack of the dishwasher. The blender jar should be washed in warm soapy water and rinsed and dried thoroughly. The blender jar can also be placed upside down in the dishwasher.

Finally, wipe the motor base clean with a damp cloth to remove any residue, and dry thoroughly. Never submerge the motor base in water or other liquid, or place in the dishwasher.

Tip: You may wish to clean your blender cutting assembly as follows: Squirt a small amount of dishwashing liquid into assembled blender jar and fill halfway with warm water. Run on Stir for 15 seconds. Repeat using clean tap water. Empty blender jar and carefully disassemble parts. Wash cutting assembly, gasket and locking ring in warm, soapy water. Rinse and dry all parts thoroughly.

Any other servicing should be performed by an authorized service representative.

DO's AND DON'Ts WHEN USING YOUR BLENDER

DO:

- Make sure the electrical outlet is rated at the same voltage as that stated on the bottom of the blender motor base.
- Always use the motor base on a clean, sturdy and dry surface.
- Always add liquid ingredients to the blender jar first, then add remaining ingredients. This will ensure that ingredients are uniformly mixed.
- When using either blender or food processor, cut most foods into cubes approximately ½" to 1" to achieve a more uniform result. Cut all cheeses into pieces no larger than ½".
- When using blender, use the measured pour lid to measure liquid ingredients such as alcohol. Replace measured pour lid after ingredients have been added.
- When using either blender or food processor, use a rubber or plastic spatula as needed, only when the blender is turned OFF. Never use metal utensils, as damage may occur to the blender jar/work bowl or cutting assembly.
- Place blender cover on firmly. Always operate the blender with the cover on.
- Make sure locking ring is tightly attached to blender jar.
- Always remove locking ring, cutting assembly, and rubber gasket before cleaning.
- When scraping the blender jar with a spatula, remove the food from the sides of the blender jar and place it in the center of the blender jar, over the cutting assembly.

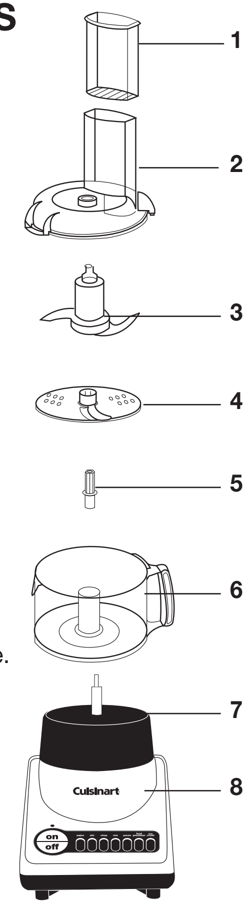
- When chopping fresh herbs, garlic, onion, zest, bread crumbs, nuts, etc., make sure the blender jar and cutting assembly are completely dry.
- If food tends to stick to the sides of the blender jar or food processor work bowl during use, pulse in short bursts.

DON'T:

- Don't store food or liquids in your blender jar.
- When using blender, don't place cutting assembly and locking ring onto motor base without the blender jar attached.
- Blender or food processor will not mash potatoes, knead dough, or beat egg whites.
- Don't remove blender jar or food processor bowl while unit is ON. Keep the blender jar or food processor cover on while blending.
- Don't twist locking ring from blender jar when removing blender jar from motor base. Simply lift blender jar from motor base.
- Don't overprocess foods. Blender or food processor will achieve most desired results in seconds, not minutes.
- Don't overload blender or food processor. If the motor stalls, turn OFF immediately, unplug the unit, and remove a portion of the food; then continue.
- Don't use any utensil inside the blender jar or food processor bowl while the motor is ON.
- Don't use any container or accessories not recommended by Cuisinart. Doing so may result in injury.
- Don't place hands inside the blender jar or food processor bowl when blender is plugged in.
- Don't add boiling liquids or frozen foods (except ice cubes or ½" pieces of frozen fruit) to glass blender jar. Boiling liquids should cool for 5 minutes before being placed in blender jar.
- The food processor accessory is not intended to crush ice. This could damage the chopping blade and will damage work bowl.

FOOD PROCESSOR PARTS AND FEATURES

1. **Food pusher with oil dispenser**
2. **Work bowl cover with feed tube**
3. **Stainless steel chopping blade**
4. **Stainless steel reversible slicing/ shredding disc**
5. **Adapter stem**
6. **Clear work bowl**
7. **Gearbox collar**
8. **Motor base**
   Used for both the blender jar and the food processor bowl



FOOD PROCESSOR ASSEMBLY

Please note that the bowl and collar will fit on the base in eight different positions. The handle can be in front or on either side and the feed tube in front, back, or on either side. Directions for use reference a certain position for instructional purposes only.

1. Hold gearbox collar in one hand and work bowl handle in the other. Twist bowl clockwise onto collar.
2. Place collar with bowl onto motor base with handle facing front.

Now follow directions below for either:

a) chopping, puréeing and mixing or

b) slicing and shredding

a) CHOPPING, PURÉEING & MIXING

1. Place chopping blade over shaft in work bowl. Chopping blade should slide easily to the bottom of the bowl. Lower blade will almost touch bottom of bowl.

BE SURE TO HANDLE THE METAL BLADE WITH CARE AS IT IS RAZOR SHARP!

2. Place food to be processed in work bowl. Put cover on work bowl, with feed tube at about 11 o'clock. Turn the cover clockwise until it fits into position. Cover lock must click into locked position prior to use. If you have trouble fitting the cover on the work bowl, turn chopping blade hub slightly and replace cover.
3. **ALWAYS USE PUSHER TO GUIDE FOOD THROUGH FEED TUBE. NEVER USE YOUR FINGERS OR SPATULA.**
4. Plug your PowerBlend Duet® into a wall outlet. Push the On button and then the Food Processor button to start chopping or puréeing. It is recommended that one hand be placed on the food processor lid while in use, to provide unit stability. If the machine doesn't start, make sure it is plugged in and the work bowl and cover are locked into place. **The food processor will not start until the collar, work bowl and work bowl lid are locked into place. Nevertheless, always unplug the unit before placing hands into the food processor bowl.**

   NOTE: The motor base will start, but the food processor blade will not turn until assembled properly.

b) SLICING AND SHREDDING WITH THE REVERSIBLE SLICING/SHREDDING DISC

The slicing/shredding disc can slice and shred a variety of fruits and vegetables, meats and cheeses.

1. Place adapter stem onto the center shaft. **To slice:** Attach disc to stem with the raised edge of slicer on top. **To shred:** Attach disc to stem with the raised shredding slots on top. Place the slicing/shredding disc onto shaft with the desired cutting blade facing up. **Be sure to handle the metal blade with care, as it is razor sharp.**
2. Place cover on work bowl, with feed tube at about 11 o'clock. Turn cover clockwise until it fits into position. Insert food in feed tube.
3. Hold pusher with more rounded side toward the outside of the bowl and insert it in feed tube over food. Always use pusher to guide food through feed tube. Never use your fingers or spatula.
4. Plug your Cuisinart® PowerBlend Duet® into a household electrical outlet.
5. Insert pusher. Use moderate pressure to push down on pusher with one hand while using your other hand to push the On button, Pulse button, and hold down the Food Processor button. Slicing and shredding only take a few seconds. Wait until disc stops spinning before removing cover. When it stops, remove cover before removing work bowl. Never try to remove cover and work bowl together; this could damage work bowl.
6. To remove cover, unlock it by turning it counterclockwise, then lift it straight up.
7. Remove slicing/shredding disc before removing work bowl. To remove it, grasp flat top section of adapter stem and lift it straight up. Holding work bowl collar, turn work bowl counterclockwise and lift it straight up to remove it from base.

FOOD PROCESSOR OPERATING INSTRUCTIONS

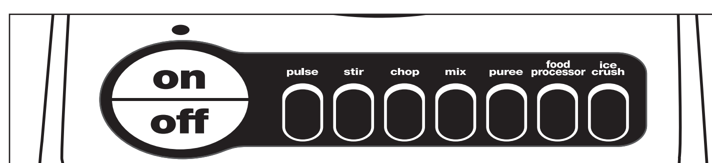
Your PowerBlend Duet® comes with a food processor button. This button is the perfect speed for all your food processing tasks. Always use this speed when using the food processor. You may also use the Pulse button with this function for pulse-chopping.

To use your food processor, make sure that the bowl is assembled properly and the blade or slicing/shredding disc and the cover are locked into place.

When you use the control panel, the LED will light next to each button you press.

Press the On button. For continuous operation, press the Food Processor button. Motor will start if you have followed assembly instructions.

To turn motor off, press the Food Processor button again or the Off button.



For on/off operation, called pulse-chopping or pulsing, press the On button, press the Pulse button, and then press and release the Food Processor button the desired number of times. Motor runs as long as you hold the Food Processor button down. The motor stops when you release control switch. Try it a few times.

You control the duration and frequency of pulses by the length of time you hold the Food Processor button down and the rate at which you press it. Pulses should be short bursts. Allow enough time between pulses to let food in work bowl fall to bottom.

Always use the Food Processor button for pulse/chopping. Never turn cover back and forth to start and stop processor.

USING THE POWERBLEND DUET® BLENDER/FOOD PROCESSOR TO CHOP, PURÉE, AND MIX

Refer to Food Processor Assembly instructions on pages 8–9.

1. Cut food into ¾" pieces. You will get a more even chop if you start with pieces that are all the same size. Put pieces into work bowl with metal blade in place. You can put in up to 1 cup of food at a time. If you want to process more, do it in batches.
2. Put on cover, lock it and insert pusher. It is recommended that one hand be placed on the food processor lid while in use, to provide unit stability. Press the On button, press the Pulse button, and the Food Processor button (to pulse), then release. Repeat two to three times. Each time blade stops, let food pieces drop to the bottom of bowl before pulsing again. This ensures that the blade will chop them at every pulse. Watch what happens to the food. With pulse/chopping technique, you can get an even chop without danger of overprocessing. Check texture by looking through work bowl. Be careful not to overprocess.

   For a coarse chop, pulse only a few times.

   NOTE: The unit has an advanced thermal, resettable fuse feature. In the event of an overload condition, the unit will shut down to protect the motor from overheating. When this happens, reset the unit by unplugging the blender and let it cool down for a minimum of 15 minutes.
3. If you want a finer chop or purée, press the On button and then the Food Processor button and let machine run continuously until the food is chopped as fine as you want it. Check frequently through clear cover or bowl to avoid chopping too fine. Use a plastic spatula to scrape down any pieces that stick to inside of bowl.

Onions and other food with a high water content turn into a smooth purée very quickly. Do not overchop – look at food frequently through work bowl.

To purée, follow same procedure as for chopping, but let machine run until food is a smooth purée.

New users are often surprised at how fast the processor works. You will quickly get used to its great speed.

These are some conditions that affect your results:

- Size of pieces you put in bowl – all should be about the same size.
- Amount of food you process – don't add too much.
- Type of processing you choose – continuous or pulse/chopping.

ADDING FOOD WHILE PROCESSING

To add liquid while the machine is running, pour it through the open feed tube. This is especially useful when making mayonnaise or dressings.

A small hole in the pusher allows you to add liquids in a very slow, steady stream – useful when making sauces.

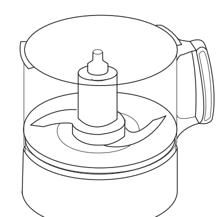
When you want to add small pieces of food like cheese, meat or garlic cloves while machine is running, drop them through open feed tube.

To prevent spills when adding sugar and other dry ingredients, use a funnel.

REMOVING PROCESSED FOOD

Before removing processed food, press Off button and wait for blade to stop spinning. Then remove cover by turning it counterclockwise. Never try to remove cover and work bowl together; this can damage work bowl.

It is important not to let metal blade fall out of work bowl as you empty it.



Here are two ways to prevent it from falling out:

1. Before tilting bowl, use spatula to remove food from around blade. Carefully remove blade by the plastic hub.

2. Hold top of blade in place with finger or spatula while pouring out processed food.

At this point, you may either lift the work bowl off motor base, or hold the collar at the base and turn the handle of the bowl counterclockwise and lift blade straight up.

NOTES: Occasionally, a piece of food may become wedged between the blade and the work bowl. If this happens, remove the cover, lift the blade out carefully and remove the wedged piece. Empty the bowl, reinsert the blade and lock the cover into place. Process smaller amounts of the food at one time.

Don't store food or liquids in the food processor work bowl.

CLEANING AND STORING YOUR POWERBLEND DUET™ FOOD PROCESSOR ATTACHMENT

Store the chopping blade and slicing/ shredding disc as you would sharp knives – out of the reach of children.

The work bowl, cover, pusher, chopping blade, and slicing/ shredding disc are top shelf dishwasher-safe. When placing parts in your dishwasher, insert the work bowl upside down. Remember where you place the sharp blade and disc, and be certain to unload the dishwasher carefully.

The gearbox collar is not immersible. To clean, just wipe with a damp cloth.

If you wash the blades and discs by hand, do it carefully. Avoid leaving them in soapy water where they may disappear from sight. To clean the metal blade, fill the work bowl with soapy water, hold the blade by its plastic center and move rapidly up and down on the center shaft of the bowl. Use of a spray hose is also effective. If necessary, use a brush.

The work bowl should not be placed in a microwave oven.

General Guidelines for Preparing Foods for Chopping

THE FOOD	HOW TO PREPARE IT
Fruits and vegetables	Peel and core if necessary. Remove large, hard pits and seeds. Cut into ¾" pieces and process up to 1 cup at a time.
Meat, poultry and fish	These should be very cold but not frozen. First, cut into ¾" pieces. Put up to ½ pound in work bowl. If you want to chop or purée more, do it in batches of not more than ½ pound each. Pulse/chop or run continuously until desired consistency is reached. Check texture every 2 or 3 seconds to avoid overprocessing.
Bread, crackers or cookies	Break into 1" pieces and process continuously until texture for crumbs is fine. For seasoned crumbs, chop with herbs. For buttered crumbs, dribble melted butter through feed tube while processing – 1 teaspoon melted butter for each slice of bread.
Crumb crusts	Chop crackers or cookies as described in preceding paragraph. Add sugar, spices and butter and cut into pieces, as specified by recipe. Pulse/chop until combined.
Hard cheese “grated”	If it’s too hard to cut with a knife, don’t try to chop it – it may damage blade. First cut into ¾" pieces. Pulse/chop until pea-sized, then process continuously. You can chop it as coarse or as fine as you want. Simply run machine longer for finer chop. Process up to 3 ounces at one time.
Whipping cream	Processor-whipped cream works well for most purposes. It is excellent as a topping for desserts or hot drinks. Cream must be at refrigerator temperature. You can whip up to 1 cup at a time. Do not use food processor whipped cream to prepare soufflés or other foods where volume is required.
Parsley and other fresh herbs	Work bowl and metal blade must be clean and dry. Remove stems; use leaves only. Dry herbs completely. The more herbs you chop at once, the finer chop you can get. Chopped herbs keep for several days in the refrigerator in airtight bags, or can be frozen for months.

General Guidelines for Preparing Foods for Slicing and Shredding

Food	To Prepare for Slicing	To Prepare for Shredding
Long narrow foods like carrots, celery, cucumbers and zucchini	Cut into even lengths about 1" shorter than height of feed tube. Stand pieces upright in feed tube, flat side down, adding enough pieces so they cannot tilt.	For long shreds, cut into largest size that will fit sideways in feed tube. Stack in feed tube to about 1" from top. For shorter shreds, stand pieces upright in feed tube, flat side down (as described in slicing column).
Apples, onions, potatoes, peppers, tomatoes and other large, round fruits and vegetables	Cut one end flat, then cut lengthwise into halves or quarters. Pack solidly in feed tube to prevent tilting. Fill feed tube to about 1" from top. Use light to moderate pressure.	Same as slicing. Place in feed tube sideways for longer shreds, or upright for shorter shreds.
Strawberries, mushrooms, radishes and other small, round fruits and vegetables	Slice off top and bottom, leaving center section. Place in feed tube, flat side down.	Same as slicing. Radishes shred well.
Cabbage, iceberg lettuce	Cut off top and bottom, leaving center section. Cut into wedges to fit feed tube upright. Remove core. Cut top and bottom pieces into similar wedges.	Do not shred.
Uncooked meat and poultry (8 oz. maximum at one time)	Use boneless cuts. Cut into feed-tube lengths. Remove skin if desired. Wrap in plastic wrap and put in freezer until it feels hard when you try to squeeze it but is still easily pierced with tip of sharp knife. Remove plastic wrap and stand pieces upright in feed tube. Note: Chicken and beef for stir-fries should be sliced with the grain. Boned, skinned chicken breast will usually fit when frozen as described above and cut in half crosswise.	Same as slicing.
Soft cheeses like mozzarella	Do not slice.	Chill in freezer for 5 minutes before processing. Cut into pieces to fit feed tube. Stand pieces in feed tube and use light pressure on pusher. Use 4 oz. maximum.
Medium-hard cheeses like Cheddar and Swiss	Cut into pieces to fit feed tube. Stand pieces in feed tube and use light pressure on pusher.	Same as slicing. Chill 5 minutes in freezer before processing. Use 4 oz. maximum.
Hard cheeses like Parmesan	Do not slice.	Do not shred.

WARRANTY

LIMITED THREE-YEAR WARRANTY

This warranty is available to consumers only. You are a consumer if you own a Cuisinart® PowerBlend Duet® Blender/Food Processor that was purchased at retail for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchasers or owners.

We warrant that your Cuisinart® PowerBlend Duet® Blender/Food Processor will be free of defects in materials and workmanship under normal home use for 3 years from the date of original purchase.

We recommend that you visit our website, **www.cuisinart.com** for a fast, efficient way to complete your product registration. However, product registration does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

If your Cuisinart® PowerBlend Duet® Blender/Food Processor should prove to be defective within the warranty period, we will repair it, or if we think necessary, replace it. To obtain warranty service, simply call our toll-free number 1-800-726-0190 for additional information from our Customer Service Representatives, or send the defective product to Customer Service at Cuisinart, 7811 North Glen Harbor Blvd., Glendale, AZ 85307.

To facilitate the speed and accuracy of your return, please enclose $10.00 for shipping and handling of the product.

Please pay by check or money order (California residents need only supply proof of purchase and should call 1-800-726-0190 for shipping instructions).

NOTE: For added protection and secure handling of any Cuisinart® product that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty. Please be sure to include your return address, daytime phone number, description of the product defect, product model number (located on bottom of product), original date of purchase, and any other information pertinent to the product's return.

CALIFORNIA RESIDENTS ONLY:

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store which sells Cuisinart products of the same type.

The retail store shall then, at its discretion, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If the above two options do not result in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty.

California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair, or if necessary, replacement, by calling our Consumer Service Center toll-free at 1-800-726-0190.

Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such products under warranty.

BEFORE RETURNING YOUR CUISINART® PRODUCT

If you are experiencing problems with your Cuisinart® product, we suggest that you call our Cuisinart® Service Center at 1-800-726-0190 before returning the product serviced. If servicing is needed, a Representative can confirm whether the product is under warranty and direct you to the nearest service location.

Your Cuisinart® PowerBlend Duet® Blender/Food Processor has been manufactured to the strictest specifications and has been designed for use only in 120 volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as use with accessories, replacement parts or repair service other than those authorized by Cuisinart. This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use. This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these damages, so these exclusions may not apply to you. You may also have other rights, which vary from state to state.

Important: If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the servicer to call our Consumer Service Center at 1-800-726-0190 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and the product is still under warranty.

NOTES

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Brownie Bites

Made in mini-muffin size, these yummy chocolate morsels are just a bite or two.

Makes 12 brownie bites

- **cooking spray**
- **⅓ cup all-purpose flour**
- **⅓ cup unsweetened cocoa powder**
- **⅛ teaspoon salt**
- **3 tablespoons unsalted butter, cut into 12 pieces (best at room temperature)**
- **½ cup firmly packed light brown sugar**
- **1 large egg**
- **1½ teaspoons vanilla extract**

Preheat the oven to 350ºF. Lightly coat a 12-cup mini-muffin pan with cooking spray.

Combine the flour, cocoa and salt in the work bowl and pulse on Food Processor 10 times to sift. Transfer to a small bowl and reserve. Add the butter to the work bowl. Pulse 5 to 10 times. Add the brown sugar; pulse 5 times to break up and process for 10 to 15 seconds; scrape the bottom and sides of the work bowl. Process until smooth, 10 to 15 seconds longer. Add the egg and vanilla, process on until smooth, 10 seconds. Add half the dry mixture, pulse 5 times on Chop. Scrape the work bowl. Add the remaining dry mixture, pulse until just combined, 4 to 5 times.

Spoon the batter in equal amounts into the prepared muffin pan. Bake in the preheated oven for 12 to 13 minutes, until tops are puffed and crackled (they may still be moist when tested with a toothpick). Remove from oven and let cool in pan for 2 minutes, then remove from pan and place on a rack to cool completely, or serve warm.

Nutritional information per piece:
Calories 50 (60% from fat) • carb. 4g • pro. 1g • fat 4g • sat. fat 2g • chol. 25mg • sod. 9mg • fiber 1g

Notes:

- Mocha Almond Brownie Bites: add ½ tablespoon instant espresso powder and 2 tablespoons toasted slivered almonds to the flour/cocoa mixture before pulsing.
- Add 2 tablespoons mini chocolate morsels or almond brickle bits.

Mango Bread Pudding

Bread pudding can be mixed and assembled ahead, then baked for a warm dessert while dinner is being served. Serve with Quick Raspberry Sauce (page 13) and top with sweetened softly whipped cream, or ice cream – vanilla, ginger or coconut.

Makes 12 servings

3 tablespoons unsalted butter, melted, divided
1 mango (about 1 pound), firm but ripe
6 cups firm bread cubes
6 large eggs
1 can (12-ounce) lowfat evaporated milk (not reconstituted)
½ cup packed brown sugar
1 teaspoon pure vanilla extract
¾ teaspoon ground cinnamon
¼ teaspoon ground ginger
¼ teaspoon ground allspice
¾ cup heavy cream

Butter a 2-quart baking dish (9 x 9 x 2-inch square or equivalent) with 1 tablespoon of the butter and place in a larger baking/roasting pan. Place the bread cubes in a large bowl.

Place the eggs, evaporated milk, brown sugar, vanilla, spices, and heavy cream in the blender jar with the remaining melted butter. Blend on Stir until smooth and homogenous, about 25 seconds. Pour the liquid mixture over the bread cubes, stir to combine. Let stand for 45 minutes at room temperature, or cover and refrigerate for up to 12 hours (if refrigerated, let come to room temperature for 30 minutes before baking).

Preheat oven to 325°F.

Cut the stem end of the mango flat. Feel with the tip of a small, sharp knife where the seed is, and cut off 2 slices lengthwise, down each side of the mango as close to the seed as possible. Peel and cut in half lengthwise. Insert the slicing disc into the food processor work bowl. Arrange the mango pieces upright with the flat side down – use light pressure to slice. Add the mango slices to the bread cube mixture. (If desired, reserve some to arrange decoratively on top of the bread pudding before baking.) Pour into prepared baking dish. Arrange rack in center of oven.

Place the baking pans in the preheated oven. Carefully add enough hot water to the larger pan to come up the sides of the smaller pan by 1 inch. Bake for 75 to 85 minutes, until slightly puffed and custard is set. Remove from oven and place on a rack. Let rest for 20 to 30 minutes before serving.

Nutritional information per serving:
Calories 294 (26% from fat) • carb. 48g • pro. 7g • fat 9g • sat. fat 4g • chol. 128mg • sod. 156mg • calc. 125mg • fiber 1g

(about 10 minutes per inch of thickness) and opaque, and breadcrumbs are lightly browned. Let rest 5 minutes before serving.

SAVORY SIDE DISHES

Potato Pancakes

Makes eight 2-inch pancakes

1 green onion, trimmed, cut into 1-inch pieces
12 ounces Yukon Gold potatoes, peeled, cut to fit feed tube
2 ounces yellow onion
1 egg, lightly beaten
1 teaspoon kosher salt
2 tablespoon vegetable oil

Place the green onion in the work bowl of the food processor fitted with the chopping blade. Process on high until finely chopped. Insert the shredding disc and place cover on work bowl. Place potatoes in feed tube and shred on Food Processor. Continue with any remaining potatoes and then the yellow onion. Transfer contents of work bowl to a clean tea towel which has been laid out on the counter. Over the sink or mixing bowl, use the tea towel to wring out as much liquid as you can from the potatoes and onion. Transfer ingredients to a mixing bowl. Add egg, salt, and pepper and mix well.

Place a nonstick 10-inch skillet over medium heat. Add the vegetable oil. Form small pancakes with your hands, squeezing out any remaining liquid. When the oil shimmers in the pan, add pancakes. Cook approximately 3 minutes on each side until pancake is golden brown or to your desired doneness. Repeat until all pancakes are cooked.

Nutritional information per pancake:
Calories 76 (47% from fat) • carb. 8g • pro. 2g • fat 4g • sat. fat 1g • chol. 27mg • sod. 304mg • calc. 9mg • fiber 1g

Shredded Carrot, Zucchini & Jicama Salad

A quick and easy salad for all seasons.

Makes 4 servings

2 small zucchini (a scant ½ pound), cut to fit feed tube
3 medium carrots (a scant ½ pound), peeled, cut to fit feed tube
8 ounces jicama, peeled, cut to fit feed tube
½ small clove garlic, peeled
2 tablespoons raspberry vinegar
1 teaspoon Dijon-style mustard
¼ teaspoon kosher salt
¼ teaspoon freshly ground pepper
¼ cup light olive oil
2 tablespoons toasted slivered almonds

Insert the shredding disc in the food processor work bowl and place cover on work bowl. Press On. Arrange zucchini in feed tube; press Food Processor and shred using medium pressure. Transfer to a medium bowl. Arrange carrots in feed tube and shred using firm pressure; transfer to the bowl with the zucchini. Arrange jicama in feed tub and shred using medium pressure. Press Off. Transfer to the bowl with the zucchini and carrots; toss to combine. Do not clean work bowl.

Insert the chopping blade in work bowl. Place cover on work bowl and press On button, then Food Processor. With the machine running, drop the garlic through the feed tube and process to chop, 5 seconds. Press Off. Scrape the work bowl and add the vinegar, mustard, salt, and pepper. Press On, then Food Processor. Process 5 seconds to combine, then, with the machine running, add the oil slowly through the feed tube and process until emulsified, about 30 seconds. Press Off. Toss the shredded zucchini and carrots with dressing to taste. Transfer to a serving bowl and garnish with toasted slivered almonds. Serve immediately or cover and chill for up to 2 hours (vegetables will begin to lose their crunchy freshness if longer).

Nutritional information per serving:
Calories 183 (76% from fat) • carb. 9g • pro. 2g • fat 16g • sat. fat 2g • chol. 0mg • sod. 137mg • calc. 37mg • fiber 3g

Roasted Garlic Hummus

Makes about 2⅓ cups

2 tablespoons Italian parsley leaves
8-12 cloves roasted garlic, cooled*
2 cups canned chickpeas, drained
½ cup fresh lemon juice
¼ cup tahini
2 teaspoons kosher salt
½ teaspoon cumin
3 tablespoons extra virgin olive oil

Place the parsley in the food processor work bowl fitted with the chopping blade. Place cover on work bowl and pulse on Food Processor, 8 to 10 times. Remove and reserve. Place the roasted garlic, chickpeas, lemon juice, tahini, salt, and cumin in the work bowl. Process on Food Processor until smooth, about 30 to 40 seconds. With the machine running, add 2 tablespoons of the olive oil in a slow, steady stream, about 20 seconds, processing until completely blended. Transfer to a bowl to allow flavors to blend for 30 minutes or longer before serving. Cover and refrigerate if not serving after 30 minutes.

Remove from refrigerator 30 minutes before serving. To serve, transfer to serving bowl, drizzle with remaining olive oil and sprinkle with the reserved chopped parsley. Serve with wedges of pita bread, toasted pita chips or vegetable crudités.

*To roast garlic, peel as many cloves as you need (it will keep refrigerated for a week in an airtight container, so do lots to have on hand), and toss them in a small amount of olive oil. Place them in the center of a sheet of heavy duty aluminum foil and roast in a 400ºF oven for 35 to 45 minutes until tender and golden. The sharp pungent flavor of the garlic will become sweet and mellow.

Nutritional information per serving (1/3 cup):
Calories 181 (50% from fat) • carb. 17g • pro. 7g • fat 10g • sat. fat 1g • chol. 0mg • sod. 389mg • calc. 60 mg • fiber 6g

Pesto

Traditional pesto is a thick, uncooked sauce made of basil leaves, garlic, olive oil, pine nuts, and cheese. It is a favorite for dressing pasta, and is also wonderful on boiled or steamed potatoes, steamed fresh vegetables, or as a spread on a fresh tomato and mozzarella sandwich. You may vary your pesto by using other herbs such as cilantro, mint or parsley and by using other nuts such as almonds, pecans or hazelnuts.

Makes about ⅔ cup

1 ounce Reggiano-Parmigiano, cut into ½-inch cubes
¼ cup toasted pine nuts or walnuts
1 clove garlic, peeled
1½ cups (packed) fresh basil leaves, washed and dried completely
¼ cup extra virgin olive oil
½ teaspoon kosher salt

Insert the chopping blade in the food processor work bowl. Process on Food Processor. With the machine running drop the cheese through the feed tube and process to chop finely, about 10 to 15 seconds; remove and reserve. Place the nuts in the work bowl and pulse to chop, 5 times; remove and reserve. With the machine running, drop the garlic through the feed tube and process to chop, 5 seconds. Scrape work bowl. Add basil leaves to work bowl. Pulse on Food Processor to chop, 5 times, then process until finely chopped, about 5 seconds. With the machine running, add the olive oil in a steady stream to create a smooth emulsion. Scrape work bowl. Add salt, reserved Parmesan cheese and chopped nuts to work bowl. Process until smooth and blended, about 10 seconds. Transfer to a resealable container, cover with a thin layer of olive oil, cover and refrigerate until ready to use. Pesto may be frozen.

Nutritional analysis per ½ tablespoon:
Calories 21 (67% from fat) • carb. 1g • pro. 1g • fat 2g • sat. fat 0g • chol. 1mg • sod. 65mg • calc. 26mg • fiber 0g

Serving idea: While pesto is a wonderful sauce for pasta, it is much more versatile than just that. Try it as a fast, fresh topping for salmon fillets: Place 5 to 6-ounce salmon fillets skin side down on a lightly oiled baking sheet. Spread each fillet with a thin layer of pesto and sprinkle with fresh breadcrumbs (made in the Cuisinart® MiniPrep). Bake in a preheated 400ºF oven for 10 to 15 minutes, until cooked

Grape Tomato Salsa

Makes about 1 cup

¼ cup fresh cilantro leaves, loosely packed
1 small garlic clove, peeled
1 jalapeño pepper, halved, seeded, cut into ½-inch pieces
1 green onion, trimmed (include some green), cut into ½-inch pieces
1 pint grape tomatoes
1 teaspoon fresh lime juice
1 teaspoon kosher salt

Place cilantro in the food processor work bowl fitted with the chopping blade. Place cover on bowl and process on Food Processor. With the machine running, add garlic through the feed tube and process until finely chopped, about 5 seconds. Scrape work bowl. Add jalapeño, onion, tomatoes, lime juice, and salt. Press the Pulse button and pulse on Food Processor until coarsely chopped, about 8 to 10 times.

Nutritional information per tablespoon:
Calories 8 (9% from fat) • carb. 2g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 170mg • calc. 4mg • fiber 0g

Guacamole

Makes about 1 cup

1 small clove garlic, peeled
2 ripe, medium avocados, approximately 1 cup of pulp
2 teaspoons fresh lemon or lime juice
½ teaspoon salt
¼ teaspoon ground cumin
¼ teaspoon ground coriander

Place the garlic in the food processor work bowl fitted with the chopping blade. Process on Food Processor until finely chopped, about 10 seconds. Add remaining ingredients to bowl and pulse on Food Processor for approximately 1½ minutes, until the mixture is completely smooth and creamy.

Serve immediately or cover the guacamole directly with plastic wrap to avoid oxidation.

Nutritional information per serving (¼ cup):
Calories 104 (79% from fat) • carb. 5g • pro. 1g • fat 10g • sat. fat 1g • chol. 0mg • sod. 301mg• calc. 9 mg • fiber 3g

Quick Raspberry Sauce

Makes 2 cups

12 ounces fresh or frozen, thawed raspberries
1 cup red berry preserves
1 tablespoon sugar
1 tablespoon fresh lemon or lime juice

Place all ingredients in blender jar. Cover and blend on Purée until smooth and completely puréed, 20 to 30 seconds. Strain mixture through a fine sieve to remove seeds; discard seeds. Store in an airtight container in refrigerator. Serve with desserts, like Mango Bread Pudding (page 15) pancakes or waffles.

Nutritional information per serving (about ¼ cup):
Calories 128 (0% from fat) • carb. 33g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 5mg • calc. 14mg • fiber 2g

FOOD PROCESSOR

APPETIZERS/DIPS/SPREADS

Artichoke & Olive Tapenade

Makes about 1 cup

2 tablespoons almonds, toasted
1 clove garlic, peeled*
¼ teaspoon kosher salt
1 strip (2 x ½-inch) lemon peel (bitter white pith removed and discarded)
1 can (14-ounce) artichoke hearts, drained
¼ cup brine cured green olives, pitted
1 green onion, trimmed and cut into ½-inch pieces
¼ cup fresh parsley, packed
1 teaspoon extra virgin olive oil

Place the almonds in the food processor work bowl fitted with the metal chopping blade. Process the almonds on Food Processor until chopped, about 10 seconds; remove and reserve. Place the garlic, salt, and lemon peel in the work bowl. Pulse on Food Processor to chop finely, about 10 times. Add the remaining ingredients and pulse on Food Processor until all ingredients are chopped to form a coarse paste. Let stand for 30 minutes before serving.

*For a less pungent garlic flavor, use roasted garlic, or pour ½ cup boiling water over the garlic and let it stand for 5 minutes. Drain and dry completely before processing.

Nutritional information per serving (2 tablespoons):
Calories 73 (81% from fat) • carb. 2g • pro. 2g • fat 7g • sat. fat. 1g • chol. 0mg • sod. 350mg • calc. 41mg • fiber 1g

Roasted Pepper Tapenade

Makes 1 cup

1 small clove garlic, peeled
1 jar (12-ounce) roasted peppers, drained, cut into 1-inch pieces
1 oil-packed sun dried tomato, drained
2 tablespoons green pimento-stuffed olives
1 teaspoon thyme
½ teaspoon extra virgin olive oil
pinch salt
pinch pepper

Place the garlic in the work bowl fitted with the metal chopping blade. Process the garlic on Food Processor until chopped, about 10 seconds. Place the roasted peppers, sun dried tomato, olives, thyme, olive oil, salt, and pepper in the work bowl. Pulse on Food Processor until all ingredients are chopped to form a coarse paste. Let stand for 30 minutes before serving. Serve with crackers or on top of crostini.

This tapenade is also good spread over a log of chèvre and served with crackers, crostini, or sliced French bread.

Nutritional information per serving (2 tablespoons):
Calories 50 (42% from fat) • carb. 5g • pro. 1g • fat 2g • sat. fat 0g • chol. 0mg • sod. 48 mg • calc. 16mg • fiber 1g

DESSERTS/DESSERT SAUCES

Chocolate Pots de Crème

Makes 8 servings

3 cups heavy cream
8 ounces semisweet chocolate morsels or chocolate chunks (½-inch)
2 tablespoons granulated sugar
1 teaspoon instant espresso powder
7 large egg yolks, lightly beaten
2 teaspoons pure vanilla extract

Have ready eight 5-ounce ramekins or pots de crème dishes. Place in a 13 x 9 x 3-inch pan. Bring 4 cups of water to a boil; keep hot and reserve. Arrange rack in center of oven. Preheat oven to 325°F.

Place heavy cream in a saucepan and bring to a simmer over medium heat – do not boil. Place the chocolate morsels/chunks, granulated sugar, and espresso powder in the blender jar. Cover and pulse on Chop 10 to 15 times to chop the chocolate somewhat finely.

Add the egg yolks and blend for 20 seconds on Mix. With the blender running on Purée, add the hot heavy cream through the pour lid in a slow steady stream and blend until chocolate is completely melted, about 45 seconds. Spoon off foam and discard (may also put in a fat separator and pour off liquid until just foam remains). Stir in vanilla.

Pour equal amounts of the chocolate mixture into each of the ramekins. Place pan in oven and add hot water to reach halfway up the sides of the ramekins. Bake in preheated 325°F oven for 55 to 60 minutes. Edges will be set, centers may still be slightly jiggly. Transfer ramekins to a rack to cool completely, uncovered, about 1 hour. (They will set as they cool.) Serve warm, or chill, covered, until cold, at least 3 hours. Chocolate Pots de Crème may be garnished with freshly whipped cream and/or chocolate curls.

Nutritional information per serving:
Calories 510 (80% from fat) • carb. 21g • pro. 4g • fat 46g • sat. fat 26g • chol. 308mg • sod. 40mg • calc. 79mg • fiber 4g

Classic Cherry Clafoutis

This traditional country French dessert can be made with cherries, plums, peaches, pears or any other berry may be used. We have added finely ground almonds or hazelnuts for that certain "je ne sais quoi."

Makes 8 servings

2 teaspoons unsalted butter, melted
¼ cup + 4 teaspoons granulated sugar, divided
1 ounce almonds or hazelnuts (toasted gives best flavor)
¾ cup evaporated low fat milk (not reconstituted)
¼ cup heavy cream
3 large eggs
1 tablespoon vanilla extract
1 tablespoon brandy or amaretto
⅛ teaspoon salt
½ cup all-purpose flour
¼ teaspoon ground cinnamon
12 ounces pitted cherries (thawed if using frozen)

Arrange the rack in the middle of the oven. Preheat oven to 325°F. Brush a six-cup oval baker or gratin dish with the melted butter. Dust with 2 teaspoons of the granulated sugar.

Place ¼ cup of the sugar and the nuts in the blender jar. Cover and pulse 15 times on Chop to chop the nuts. Add the evaporated milk, cream, eggs, vanilla, brandy, salt, flour, and cinnamon. Blend for 10 seconds on Food Processor; mixture will be smooth and creamy – do not overblend.

Arrange the cherries in the bottom of the prepared baking dish. Carefully pour the batter over the cherries. Place in the preheated oven and bake for 35 minutes. After 35 minutes, sprinkle evenly with the remaining 2 teaspoons of sugar. Continue to bake for an additional 15 to 20 minutes, until the clafoutis is puffed and golden brown. Remove from the oven and cool for 10 minutes before serving. Serve with sweetened whipped cream, vanilla ice cream or frozen yogurt as desired.

Nutritional information per serving:
Calories 211 (40% from fat) • carb. 23g • pro. 8g • fat 10g • sat. fat 3g • chol. 92mg • sod. 113mg • calc. 158mg • fiber 1g

Creamy Blue Cheese Dressing

Thick and creamy, this dressing is wonderful served over a wedge of chilled iceberg lettuce, and is thick enough that it can be used as a dip for crudités.

Makes 3½ cups

- **¼ ounce shallot (about ½ shallot), cut into ¼" pieces**
- **½ cup buttermilk**
- **1 cup sour cream**
- **1 cup mayonnaise**
- **1 tablespoon lemon juice**
- **6 ounces crumbled blue cheese**
- **½ teaspoon kosher salt**
- **freshly ground pepper**

Place shallot pieces in blender jar. Cover and pulse on Chop 4 to 5 times. Add remaining ingredients to the blender jar. Blend on Purée until smooth and homogenous, about 15 to 20 seconds. Serve immediately or store in refrigerate for up to one week. If desired, reserve half the crumbled bleu cheese and stir in for texture.

Nutritional information per serving (2 tablespoons):
Calories 99 (90% from fat) • carb. 1g • pro. 2g • fat 10g • sat. fat 3g • chol. 12mg • sod. 160mg • calc. 47mg • fiber 0g

Rustic Tomato Sauce

This is a great basic tomato sauce that is ready in less than an hour.

Makes about 8 cups

- **1 tablespoon extra virgin olive oil**
- **1 onion (8 ounces), peeled and cut into ½-inch pieces**
- **2 carrots (4 ounces), peeled and cut into ½-inch pieces**
- **2 ribs celery, trimmed and cut into ½-inch pieces**
- **4 cloves garlic, peeled**
- **1 teaspoon dried oregano**
- **1 teaspoon dried basil**
- **4 roasted red bell peppers, cut into 1-inch pieces**
- **½ cup dry white wine (such as vermouth)**
- **2 tablespoons tomato paste**
- **3 cans (15-ounce) recipe ready diced tomatoes with juices**
- **½ teaspoon kosher salt**
- **¼ teaspoon freshly ground black pepper**

Heat the olive oil in large saucepan over medium heat. Add the onion, carrot, celery, garlic, oregano and basil. Cover loosely and cook until the vegetables are softened, 6 to 8 minutes. Stir in the roasted red pepper, wine, tomato paste, and tomatoes. Bring to a boil, then reduce heat and simmer for 35 to 40 minutes, loosely covered. Uncover and simmer for 15 to 20 minutes longer to thicken. Turn off heat and let sit 5 minutes.

Strain the solids from the liquids, and return the liquid to the saucepan. Place the solids in the blender jar with ½ cup of the cooking liquid. Cover and pulse on Food Processor 10 times to chop. Use a plastic spatula to scrape the sides of the blender jar. Blend for 30 to 40 seconds, until smooth. Return the puréed tomato mixture to the liquid in the saucepan and reheat gently over medium low heat. Add salt and pepper.

Nutritional information per serving (½ cup):
Calories 48 (17% from fat) • carb. 8g • pro. 1g • fat 1g • sat. fat 0g • chol. 0mg • sod. 194mg • calc. 26mg • fiber 2g

Basic Vinaigrette

This basic vinaigrette is perfect for a crisp green salad.

Makes about 1½ cups, can be doubled or tripled

1 clove garlic, peeled
2 tablespoons Dijon-style mustard
½ cup wine vinegar
1 teaspoon kosher salt
½ teaspoon freshly ground pepper
⅔ cup extra virgin olive oil
⅔ cup vegetable oil

Place the garlic, mustard, vinegar, salt, and pepper in the blender jar. Cover and blend on Food Processor for 10 to 15 seconds. With the machine on, add the oils in a slow, steady stream through the pour lid. Continue to blend for an additional 20 to 30 seconds until completely emulsified.

Note: You may change the Basic Vinaigrette by using different flavors of vinegar, mustard or oil. Try using fresh lemon juice and a little honey for a honey-mustard vinaigrette. Add fresh herbs, sun-dried tomatoes, or pesto for other flavor changes.

Nutritional information per tablespoon:
Calories 109 (97% from fat) • carb. 1g • pro. 0g • fat 12g • sat. fat 2g • chol. 0mg • sod. 86mg • calc. 1mg • fiber 0g

Raspberry Vinaigrette

Try this pink dressing on a salad of baby spinach. Sprinkle with some crumbled chèvre and dried cranberries to finish.

Makes about 3 cups

zest of ½ lemon (color only – no bitter white pith)
1 clove garlic, peeled
1 small shallot , peeled, quartered
1½ teaspoons kosher salt
1 teaspoon thyme
½ teaspoon freshly ground pepper
⅔ cup raspberry vinegar
¼ cup fresh lemon juice
½ cup fresh or frozen thawed raspberries
2 tablespoons honey
1 teaspoon xanthan gum* (optional – but helps keep vinaigrette from separating)
1 cup walnut oil
¾ cup canola oil

Place the zest, garlic, shallot, salt, thyme, and pepper in the blender jar. Cover and pulse on Chop, 5 to 10 times to begin chopping garlic, shallot and zest. Add remaining ingredients in order listed. Blend on Food Processor until completely emulsified and homogenous, about 20 to 30 seconds. Transfer to a resealable storage container. Let stand 30 minutes before using to allow flavors to develop and blend. If not using immediately, refrigerate. Remove from refrigerator 30 minutes before using.

*Can be found in most well-stocked natural foods or health food stores. Xanthan gum is a naturally derived stabilizer that is produced from the fermentation of corn syrup. Often used in baking breads, xanthan gum will help stabilize marinades, vinaigrettes and salad dressings and prevent them from separating. It is an optional ingredient.

Nutritional information per tablespoon:
Calories 75 (93% from fat) • carb. 1g • pro. 0g • fat 8g • sat. fat 1g • chol. 0mg • sod. 42mg • calc. 2mg • fiber 0g

Cream of Asparagus Soup

Makes eight 6-ounce servings

- **¾ cup Italian parsley leaves, washed and dried**
- **3 tablespoons unsalted butter**
- **⅔ cup chopped onion or leek**
- **1 pound asparagus, trimmed, cut into 1-inch pieces**
- **3 cups fat free, low-sodium chicken or vegetable stock or broth**
- **1 cup half-and-half**
- **1 tablespoon cornstarch**
- **1½ cups cold water**
- **1 teaspoon kosher salt**
- **½ teaspoon white pepper**

Place the parsley in the blender jar. Cover and pulse on Chop until coarsely chopped, about 4 to 5 times. Remove and reserve.

Melt the butter in medium saucepan over medium heat. Add onion and cook until soft but not brown, about 2 to 3 minutes. Add asparagus, stock, and all but 1 tablespoon of the reserved parsley. Cover and bring to a boil over medium-high heat. Reduce heat to low and simmer, partially covered, until asparagus is tender, about 10 to 12 minutes.

Pour the soup through a strainer, reserving the solids and liquids. Allow to cool 5 minutes. Place the solids in the blender jar with 1 cup of the cooking liquid; return the remaining liquid to the saucepan. Cover and blend on Purée until creamy and smooth, about 30 to 40 seconds. Return puréed vegetable mixture to the saucepan and stir to combine. Stir in half-and-half. Stir cornstarch into water, and add to soup. Add salt and pepper. Cook, stirring often, over medium heat, until soup thickens, about 6 to 8 minutes. Do not let boil. Taste and adjust seasonings as needed. Serve in warmed bowls garnished with the remaining parsley.

Nutritional information per serving:
Calories 98 (59% from fat) • carb. 7g • pro. 4g • fat 7g • sat. fat 4g • chol. 19mg • sod. 510g • calc. 56mg • fiber 2g

SALAD DRESSINGS, VINAIGRETTES, SAVORY SAUCES

Creamy Feta & Yogurt Dressing

Makes 1¼ cups (can be doubled)

- **1 clove garlic, peeled and crushed**
- **1 teaspoon oregano**
- **½ teaspoon basil**
- **⅓ cup red wine vinegar**
- **¼ cup extra virgin olive oil**
- **1 tablespoon fresh lemon juice**
- **1 teaspoon honey**
- **4 ounces crumbled feta cheese**
- **¼ cup lowfat or fat free plain yogurt**

Place garlic, oregano, and basil in the blender jar. Cover and pulse 5 times on Chop to chop garlic. Add remaining ingredients in order listed. Blend for 15 seconds using Mix. Scrape blender jar. Blend 15 seconds longer on Mix.

Let dressing stand for 20 to 30 minutes to allow flavors to blend. Transfer to a resealable container and refrigerate until ready to use.

Nutritional information per serving (one tablespoon):
Calories 43 (81% from fat) • carb. 1g • pro. 1g • fat. 1g • sat. fat 1g • chol. 5mg • sod. 65mg • calc. 36mg • fiber 0g

Classic Chilled Gazpacho

A Cuisinart favorite, made with fresh, ripe summer tomatoes, Chilled Gazpacho is perfect on a hot, summer night.

Makes 8 servings, about 6 ounces each

1-2 cloves garlic, peeled
3 cups tomato or vegetable juice cocktail, divided
1 large rib celery, peeled, cut into 1-inch pieces
1 large cucumber, peeled, halved lengthwise, seeded, cut into 1-inch pieces
½ medium green bell pepper, cored, seeded, cut into 1-inch pieces
½ medium red bell pepper, cored, seeded, cut into 1-inch pieces

Place garlic in blender jar. Cover and pulse on Chop 10 times. Add 1 cup tomato juice/vegetable juice cocktail to blender jar along with celery, cucumber, green pepper, red pepper, jalapeño pepper, and green onions. Blend on Mix until vegetables are medium-finely chopped, about 5 to 10 seconds. Transfer to a large serving bowl. Add remaining tomato juice/vegetable cocktail to blender jar with fresh tomatoes. Pulse 10 times on Chop, or blend continuously if a smoother gazpacho is preferred. Add to the bowl of vegetables with the remaining juice. Season with sherry vinegar or lemon juice, salt and pepper. Chill before serving.

Nutritional information per serving:
Calories 51 (5% from fat) • carb. 11g • pro. 2g • fat 0g • sat. fat 0g • chol. 0mg • sod. 429mg • calc. 28mg • fiber 2g

Creamy Roasted Pepper & Corn Soup

This soup can be served chilled in the summer, or hot the rest of the year. Garnish with a swirl of sour cream or crème fraîche, croutons made from cornbread or chopped fresh chives.

Makes 6 cups

3 ears corn, about 6 to 7 inches in length, husks removed
1 tablespoon extra virgin olive oil
1 cup diced (½-inch pieces) onion
1 clove garlic, peeled and sliced
½ teaspoon thyme
2 jars (12-ounce) roasted red peppers, drained, juices reserved
2½ cups low sodium chicken broth/stock

Cut corn from cobs, reserving cobs.

Heat oil in a large (4-quart) saucepan over medium heat. Add cut corn, onions, garlic, and thyme. Cook, stirring often, for 3 to 4 minutes, until onions are translucent and have begun to soften. Add reserved the corn cobs, roasted peppers, chicken broth/stock, ¾ cup of the roasted red pepper juices, the potato, salt, and pepper. Bring to a boil, then reduce heat and simmer for 20 to 25 minutes. Remove and discard the corn cobs; let stand for 5 minutes.

Strain the solids from the liquid, reserving the liquid. Place the solids in the blender jar with 1¼ cups of the liquid. Hold lid in place and blend on Food Processor for 30 to 40 seconds, until the solids are completely puréed and smooth. Transfer to a clean saucepan and add remaining reserved cooking liquid. Reheat soup over low heat if serving hot, or cool and refrigerate if serving cold.

Nutritional information per serving (one cup):
Calories 131 (23% from fat) • carb. 21g • pro. 5g • fat 4g • sat. fat 1g • chol. 0mg • sod. 853mg • calc. 24mg • fiber 3g

Frozen Rum Punch

Makes 5 cups

1 cup frozen pineapple
1 cup canned pineapple in juice
1 cup mango sorbet
¾ cup rum
1½ tablespoon grenadine
¼ cup lime juice (approximately 4 limes)
8 ice cubes

Place ingredients in blender jar in order listed. Cover and blend on Food Processor for 25 to 30 seconds until smooth.

Serve immediately. May be garnished with a quarter slice of fresh pineapple and a maraschino cherry.

Nutritional information per serving (½ cup):
Calories 91 (1% from fat) • carb. 14g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 4mg • calc. 7mg • fiber 1g

Frosty Fresh Strawberry Margaritas

These are best made with fresh summertime strawberries. You may vary your fruit to make other flavors such as mango, watermelon or fresh peach.

Makes 4 servings

1 pint fresh strawberries, hulled and halved (2 cups)
3 ounces tequila (6 tablespoons)
2 ounces Triple Sec or Cointreau® (4 tablespoons)
2 ounces fresh lime juice (4 tablespoons)
3 tablespoons superfine sugar
2 cups ice cubes

Place all ingredients in blender jar in order listed. Cover and blend on Food Processor until thick and smooth, about 30 to 40 seconds. Pour into stemmed glasses and serve. May be garnished with a whole strawberry and a lime slice.

Nutritional information per serving:
Calories 193 (2% from fat) • carb. 25g • pro. 1g • fat 1g • sat. fat 0g • chol. 0mg • sod. 5mg • calc. 21mg • fiber 2g

Note: For a nonalcoholic margarita, substitute 5 ounces fruit juice such as cranberry juice or pomegranate juice for the tequila and Triple Sec.

Grasshoppers

Serve grasshoppers as an after-dinner treat in a chilled martini glass. For a nonalcoholic version, use mint and clear chocolate syrups found in coffee bars.

Makes about 3 cups – 6 servings

2 cups vanilla ice cream
1/4 cup heavy cream
4 ounces green crème de menthe
4 ounces white crème de cocao
6 ice cubes

Place all ingredients in blender jar in order listed. Cover and blend on Food Processor until smooth, creamy and completely homogenous – about 40 seconds.

Strawberry & Papaya Smoothie

Using a cup of frozen fruit chills and thickens the smoothie without diluting the fruit flavors.

Makes about 5 cups

2 cups fresh strawberry halves
3 cups fresh papaya chunks, about ¾-inch
1 cup orange, tangerine or guava juice
1 cup frozen strawberries

Place ingredients in blender jar in order listed. Cover and blend on Food Processor for 20 to 30 seconds until completely smooth and blended. Serve immediately.

Nutritional information per serving (one cup):
Calories 96 (5% from fat) • carb. 23g • pro. 2g • fat 1g • sat. fat 0g • chol. 0mg • sod. 5mg • calc. 45mg • fiber 5g

Mocha Frappé

Why go out for special coffee drinks when you can prepare them easily at home in your Cuisinart® PowerBlend Duet™?

Makes 2 servings

8 ounces espresso or double strength coffee, chilled*
¼ cup chocolate sauce
2 tablespoons flavored syrup – vanilla, hazelnut, almond, raspberry, etc.
15 ice cubes

Place all ingredients in blender jar in order listed. Cover and blend on Food Processor until smooth and slushy, about 30 to 40 seconds. Serve immediately in tall glasses. Garnish with a dollop of whipped cream if desired.

Nutritional information per serving:
Calories 138 (0% from fat) • carb. 33g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 37mg • calc. 6mg • fiber 0g

Note: For a creamy frappé, add 2 tablespoons half-and-half before blending.
*May be prepared from instant espresso powder.

Berry Berry Berry Daiquiris

Makes 4

4 ounces amber rum
1½ ounces Triple Sec
2 tablespoons superfine sugar
¼ cup fresh lime juice
1½ cups frozen strawberries
¾ cup frozen blueberries
¾ cup frozen raspberries

Place all ingredients in blender jar in order listed. Cover and blend on Food Processor until thick and smooth, about 30 to 40 seconds. Pour into stemmed glasses and serve. May be garnished with fresh berries on a skewer.

Nutritional information per serving (¾ cup):
Calories 205 (1% from fat) • carb. 30g • pro. 1g • fat 0g • sat. fat 0g • chol. 0g • sod. 6mg • calc. 26mg • fiber 4g

Dulce de Leche Shake

Makes about 6 cups

3 cups vanilla bean or French vanilla ice cream
1½ cups milk (whole or reduced fat)
⅓ cup dulce de leche (a very thick, Spanish/South American "caramel sauce" which can be found in well-stocked grocery and specialty food markets)

Place ice cream, milk, and dulce de leche in blender jar in that order. Cover and blend on Food Processor until smooth, creamy, and homogenous, about 30 to 40 seconds.

Serve in chilled martini glasses as a dessert drink. Garnish with chopped sugared pecans and a slice of fresh peach or strawberry.

Nutritional information per serving (one cup):
Calories 262 (48% from fat) • carb. 29g • pro. 5g • fat 14g • sat. fat 8g • chol. 48mg • sod. 114mg • calc. 186mg • fiber 0g

Note: For an adult dessert drink, add bourbon, rum, brandy or liqueur such as amaretto or Frangelico® – about ½ ounce per ¾-cup shake.

Tropical Sunshine Fruit Smoothie

Refreshing and tangy, this smoothie is a great way to start the day.

Makes 4 cups

1 large banana, peeled, cut into ½-inch pieces
1 cup orange juice (use calcium-enriched for greater nutritional value)
2 cups mango chunks (¾-inch)
1½ cups frozen pineapple chunks (1-inch pieces)

Place ingredients in blender jar in order listed. Cover and blend on Food Processor for 20 to 30 seconds until completely smooth and blended. Serve immediately.

Garnish with sliced strawberries, sliced kiwi, fresh berries on a skewer, orange wedge and/or coconut.

Nutritional information per serving (one cup):
Calories 164 (2% from fat) • carb. 40g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 13mg • calc. 11mg • fiber 4g

Notes

- Ingredients can be increased by 50% to make 6 cups of smoothie.
- For a "colada" flavor, add ½ cup light coconut milk with the orange juice before blending.

Banana Berry Smoothie

This smoothie provides potassium and is full of vitamin C and antioxidants.

Makes 5 cups

1 large banana, peeled and cut into ½-inch slices
2 cups fresh strawberry halves
1 cup fresh pomegranate juice*
1 cup fat free vanilla yogurt
2 cups frozen raspberries or blueberries (or 1 cup each)
sugar or honey to taste if needed (will depend on tartness of fruit and personal taste)

Place ingredients in blender jar in order listed. Cover and blend on Food Processor for 20 to 30 seconds until completely smooth and blended. Serve immediately.

Nutritional information per serving (one cup):
Calories 141 (2% from fat) • carb. 33g • pro. 4g • fat 0g • sat. fat 0g • chol. 1mg • sod. 35mg • calc. 84mg • fiber 4g

*You may use either freshly made pomegranate juice or purchased pomegranate juice. To prepare fresh pomegranate juice in your Cuisinart® blender, remove the seeds from a fresh pomegranate. Place in blender jar. Select Purée and blend until puréed. Press purée through a fine mesh strainer to remove seed particles. One average pomegranate will yield about ½ cup fresh pomegranate juice.

BLENDER

SMOOTHIES, FRAPPÉS, SHAKES, ETC.

Fresh Fruit Smoothie

Layers of fresh fruit blend in just seconds to make this all-fruit smoothie.

Makes six 8-ounce servings

½ cup orange juice
1 cup cantaloupe, cut into 1-inch pieces
1 cup raspberries (fresh or frozen)
1 cup pineapple chunks (1-inch pieces) (fresh or canned, drained)
1 cup navel orange segments, cut into 1-inch pieces
1 cup strawberries, hulled and halved
1 cup mango chunks (1-inch pieces) or peach slices
1 medium banana, cut into ½-inch slices
1 cup ice cubes (about 6 standard)

Layer the ingredients in the blender jar in the order listed. Cover and blend on Food Processor for 25 to 35 seconds, until smooth. Turn blender off.

Note: The riper the fruit, the sweeter the smoothie.

Nutritional information per serving:
Calories 101 (4% from fat) • carb. 25g • pro. 2g • fat 0g • sat. fat 0g • chol. 0mg • sod. 10mg • calc. 35mg • fiber 4g

To-Fruitti Smoothie

The much-maligned tofu is a good source of protein and a nice alternative to using dairy products in smoothies. Change the fruits to suit your own taste.

Makes 48 ounces

2 cups mango chunks (1-inch pieces), about 12 ounces
1 medium banana, cut into 1-inch pieces
1 cup orange, apple or other fruit juice
1 cup soy milk/beverage
1 tablespoon vanilla extract
1 cup silken tofu, cut into 1-inch pieces
2 cups frozen strawberries (do not thaw)

Place all ingredients in blender jar in order listed. Cover and blend on Food Processor until smooth and creamy, about 20 seconds. Serve immediately or refrigerate.

Nutritional information per serving (based on 6 servings):
Calories 135 (18% from fat) • carb. 25g • pro. 5g • fat 2g • sat. fat 0g • chol. 0mg • sod. 10mg • calc. 63mg • fiber 4g

Pineapple, Kiwi, Melon Smoothie

Makes about 5 cups

1 large banana, peeled, cut into ½-inch pieces
1 cup orange juice
2 cups honeydew melon chunks, about ¾-inch
10 ounces (2 large or 3 medium) kiwi, peeled and cut into ¾-inch pieces
2 cups frozen pineapple chunks

Place ingredients in blender jar in order listed. Cover and blend on Food Processor for 20 to 30 seconds until completely smooth and blended. Serve immediately.

Garnish with sliced strawberries or orange slices and a wedge of pineapple.

Nutritional information per serving (one cup):
Calories 142 (5% from fat) • carb. 36g • pro. 2g • fat 1g • sat. fat 0g • chol. 0mg • sod. 8mg • calc. 37mg • fiber 4g

RECIPE TIPS

You'll find many easy ways to prepare savory, healthful meals with your Cuisinart® PowerBlend Duet®. The simple recipes that follow include some Cuisinart favorites as well as some creative new combinations that are sure to please your friends and family. Thanks to the superior ice crushing power of the PowerBlend Duet®, you'll also be able to make delicious frozen drinks.

Chopping Nuts
Pulse ½ cup of nuts (shells removed) on Chop 4 to 5 times. Turn blender off; scrape blender jar with spatula. Turn blender on and pulse on Chop 2 to 3 times. Turn blender off. Pulse fewer times for more coarsely chopped nuts. For best results, process no more than 1 cup at a time.

Bread, Cookie or Cracker Crumbs
For best results, use day-old bread (drier bread works best). Break bread slices into ½" pieces, and process no more than 1 cup of pieces at a time on Mix for 5 to 10 seconds. Crackers and cookies should also be broken into ½" pieces; process 1 cup at a time on Mix for 10 to 15 seconds. Turn blender off.

Crushing Ice (Blender Jar Only)
Add up to 10 large ice cubes to blender jar. Press the Ice Crush button, using short bursts, 10 times or until cubes are the consistency of snow. Turn blender off. Pulse fewer times if coarsely chopped ice is desired.

Grating Citrus Zest
For best results, blender jar and cutting assembly must be clean and dry. Remove zest from fruit in strips (using vegetable peeler). Use no more than 8 strips at a time (zest of one medium lemon). Cut strips in half. Add strips and 1 teaspoon sugar (from recipe) to the blender jar. Blend on Food Processor speed for 15 to 20 seconds. Turn blender off.

Grinding Hard Cheese
Cut cheese into ½" pieces. Blend on Food Processor speed for 30 seconds. Turn blender off. For best results, grind no more than 3 ounces of cheese at a time.

Whipping Cream
Whip 1 cup of cream (whipping or heavy cream) at a time. Blend on Mix, and process for 45 to 60 seconds or until creamy and smooth. If making sweetened cream, add sugar after 10 seconds. Turn blender off. Makes about 1 cup.

Puréeing Sun-Dried Tomatoes
Rehydrate 1 ounce of tomatoes in 1 cup boiling water. Allow to sit for 10 minutes or until softened. Add tomatoes and water to blender jar. Cover and pulse on Food Processor speed 5 times; then run continuously on Food Processor speed for 15 to 20 seconds. Turn blender off. Drain in fine strainer if desired.

Makes about ½ cup of puréed tomatoes.

RECIPES

Blender

Smoothies, Frappés, Shakes, etc.

Soups

Salad Dressings, Vinaigrettes, Savory Sauces

Desserts/Dessert Sauces

Food Processor

Appetizers/Dips/Spreads

Savory Side Dishes

Desserts

Cuisinart®

Recipe Booklet

Instruction Booklet
Reverse Side



PowerBlend Duet® Blender/Food Processor

BFP-10 Series

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